



cms network

Children's Medical Services

Health Care for Children with Special Needs

Health Care Transition

Health care transition means moving from childhood health care to adult health

care. It is about building on what parents have done to help their child reach her or his life goals. When teens turn 18 years old, they are legally adults and can make decisions about where to live, where to work, whether to go to school, and what health care to receive.

The CMS Network partners with teens and young adults, their parents, and various agencies and organizations in their community to help the transition into all aspects of their adult life go smoothly. Teens and young adults should learn, to the best of their ability, how to take responsibility for their health related activities, so they will be able to:

- Understand their health condition
- Know the signs and symptoms of when they need medical attention
- Know the medications they take, why they take them and what they do
- Manage their self-care needs for their health condition or disability
- Make good, healthy decisions about their life style
- Talk to doctors by themselves, ask questions, and follow-up on instructions
- Make their own doctor appointments and fill prescriptions
- Choose physicians who treat adults

Some of the transition steps that teens, young adults, and their parents can take include:

- Plan early for transition with your doctors and CMS Network staff. Planning should start no later than age 12.
- Ask your CMS Network care coordinator for a copy of the booklet "Envisioning My Future" and an age appropriate Health Care Transition Workbook, or
- Visit <http://www.cms-kids.com/CMSNTransitions> to get copies online, as well as link to other resources to help teens and young adults with special health care needs, and their families, learn more about transition.

